Songs from Mulligan Stew
Good Nutrition

1. When you're on top of the scene there's no place to go but up

feelin' on top of a dream knowing you got your cup over-

-flowing with good nutrition (good nutrition)

good nutrition (good nutrition) and it's

alright with me........ fine

give me a bright day with sunshine and flowers

or if you got rain-drops and windy day showers

it don't matter to me... not to me at all

I can handle the cold days or laugh in the warm ones...

knowing I got the nutrition to keep me happy healthy and alive!

D.C. alfine

2. When you got love in your heart

there's nothing to do but smile

feelin' so good and smart

knowing that all the while, you got
4-4-3-2

1. 4-4-3-2 that's the formula for me and you 4-4-3-2
eating's fine for me and you 4-4-3-2

that's the only thing that'll do 2-4-6-8 hurry on now don't be late
that's the only way that'll do

4-4-3-2 that's the only thing that'll do

brand new formula for feelin fine easily understood good

food will keep your health in line and keep you feelin good

4-4-3-2 that's the formula for me and you
4-4-3-2 that's the only thing that'll do

brand new formula for feelin' fine easily understood good

food will keep your health in line and keep you feelin' good

feeling good!
Maggie and Me

we're a-like as two people can be, though we're different on the outside, the
foods that we eat form the same kind of insides, you'd get turned on if you found
all of the foods that we put down forms a part of the inside of me,
inside Maggie Miki Nulligan
Manny Mike and me! 3rd time fine

You Gotta Eat Breakfast

you gotta eat breakfast you gotta eat breakfast to
keep you feelin' fine all day long you gotta start each day with
fuel food to keep your body running strong you
gotta start every day with a good breakfast that'll last the whole day
long you D.C.al
keep you feelin' fine all day long!
Everybody's Body

1. Everybody's body needs vitamins
   proteins, carbohydrates and fats. Everybody's body needs minerals.
   Everybody has to know that. Don't leave out a thing. Everybody knows.
   Nutrients are the things that help our bodies live and grow.
   Everybody's body, everybody's body, has

   1. Every living thing builds a strong body out of protein.
   2. Minerals in small amounts. Quantity is small, but it's getting them that counts.

   1. Vitamins are the nutrients in the things you eat that keep you fit and healthy.
   2. Fat and carbohydrates are needed in your diet. You can't go on without them so...

   Head down to your feet!

   nobody should try it.
   Everybody has to know that, everybody has to know that!
Fad foods and Quick Diets

Fad foods and quick diets are bad for you so don't try it
they'll slow you down and that is why they're no good for you
there's only one way to keep your body in line there's only one way for feelin' fine there's only one way and it's yours and mine that's eating a balanced diet.

you.
You Gotta Eat Right

If you want to grow up tall and strong, you gotta eat right.

If you want to feel like you belong, you gotta eat right.

Let me tell ya' that you can't go wrong.

If you eat right, if you eat right.

That means making sure you're eating a balanced diet.

Make sure you're getting the nutrition you need.

Make sure you're eating a balanced diet.

Baby you got to follow this lead.

If you want to grow up looking fine, you gotta eat right.

If you want to know the healthy sign, you gotta eat right.

Feeling good is yours and mine.

If you eat right, if you eat right.

That means making sure you're getting vitamins,

Proteins, minerals, carbohydrates and fats.

Make sure you're eating a balanced diet.

That's where it's at, baby, that's where it's at!
Goulash, Garbanza Beans & Guacamole

Goulash Gar-ban-za beans and Guacamole

Romaine, Rice and Ravioli

Spinach Sau-er-kraut and cold Spumoni that's a delicious trip around the world.

whether you're from here or there black or white
up or down dark or fair big or light we're all al-like we're all al-like we all like to eat.

you can get a balanced diet 4 - 4 - 3 - 2 so why don't you try it let it happen for you in your home in your neighborhood 'cause we all like we all like to eat!

2. Kids are kids in Boston and Brussels Texas and Tahiti, Rhode Island and Russia Albany and Africa, Harlem and Holland Kids are kids, and kids all like to eat.

nu-tritious de-licious trip around... the world.
Mulligan Stew Theme

1. Get it all together come from near and far
tell me what you're eating I'll tell you what you are, MULLIGAN STEW
groove down by the schoolyard food will make you grow,

2. Sock it in the sunshine swing it in the snow
come from near and far
swing it in the snow

You can be a strong man
look and feel fine

3. Don't listen to that guy who says vitamins are no good

4. You are made of skin and bone

eat a balanced diet

he is made of wood
go to the head of the line
2. We will find new forms of food tomorrow
freeze-dried, fresh-tasting foods tomorrow
packaged for your every mood, more nutritious food tomorrow

3. Feed the people better grains tomorrow
grown on deserts and plains tomorrow
delivered by faster trains and planes, more nutritious food tomorrow.
Share a Snack with a Friend

1. When you're tired and you're taking a break
   or
   when you've got some time to take
   like
   something to do
   share a snack with a friend,

   smile a smile all the while and share a snack with a friend. After-

2. and 3.

   when you just don't care to be alone
   doesn't matter where you happen to be
   with a
   watching a
   friend share an ice-cream cone
   game from the limb of a tree
   share a snack with a friend, smile!

   a peanut butter sandwich, a
   baking in the kitchen
   a
   ta-co or two
   that's a
   share a snack with a friend

   cookie or two
   that's a
   de-licious snack
   for a friend and you

   in the
   so

   share a snack with a friend

   smile a smile all the

   while and share a snack with a friend!

3. (in the) morning or when day is done
   and you'd like to have some more fun
It's Up To You

1. Feeling al-right you look-ing good
2. Got-ta make sure you eat a balanced diet, you
   wear-ing a smile you're getting all of the while has a
   lot to do with good nu-tri-tion, good nu-tri-tion, and
   you

   Ba-by that's up to you ............

3. Walking tall, doing fine, knowing you're healthy all of the time
   has a lot to do with good nutrition, good nutrition, Baby, that's up to you!

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Paul Brier & performed by "THE EYE"

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